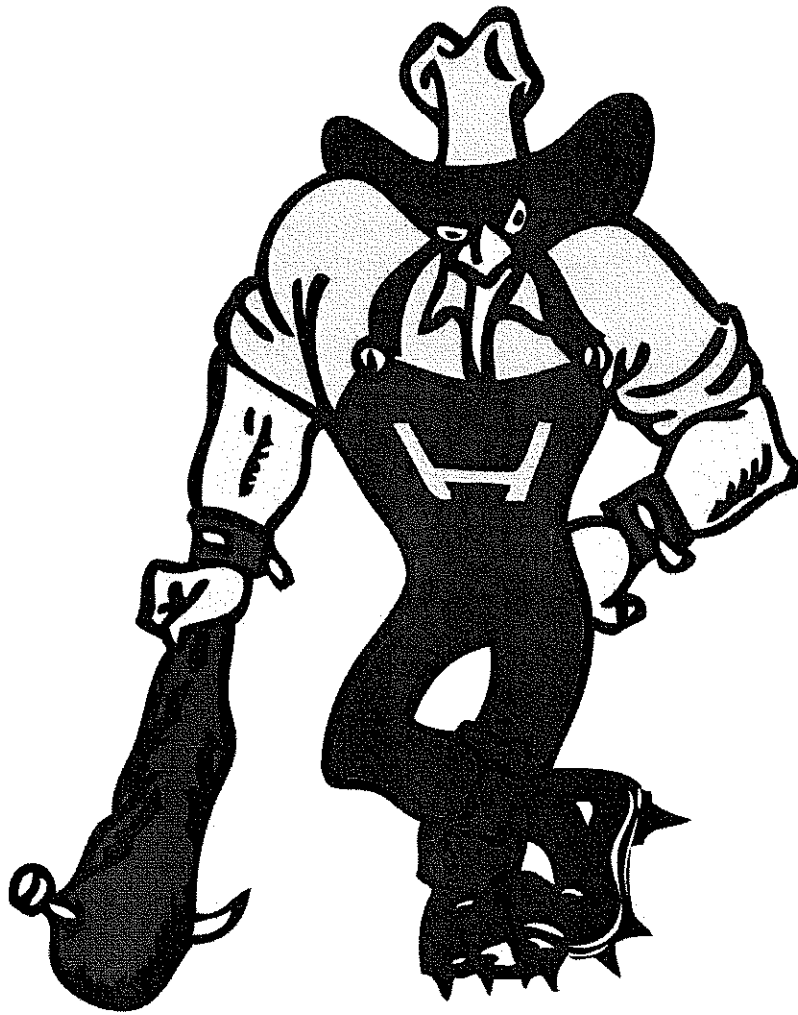


HUSKER HANDBOOK



HUSKER ATHLETICS/ACTIVITIES HANDBOOK

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2020 - 2021 HUSKER Activity and Athletic Staff

Administration

Superintendent	--	David Figg
High School Principal	--	Todd Whitney
Middle School Principal	--	Jove Stickle
Activities Director	--	Darrell Jeffries

Activity Sponsors

Academic Bowl	--	Christa Bell
Art Club	--	Brandy Bennett
Foreign Language Club	--	Eric King
FFA	--	Adam Brock
FBLA	--	Renee Figg
FCCLA	--	Courtney Bergsieker
Future Teachers of America	--	Amber Underwood
Instrumental Music	--	Kelly Reuther
Math Club	--	Julie Miller
National Honor Society	--	Eric King
Science Club	--	Kendra Ramsey
Science Olympiad	--	Kendra Ramsey
Speech & Debate	--	Amanda Yoder
Student Council	--	Kendra Ramsey
Vocal Music	--	Sarah Cook

Athletic Staff

Baseball	--	Landon Figg
Boys Basketball	--	Jim Stoner
Varsity FB	--	Marnie Oetting/ JV Jessica Russell
Varsity BB/WR Cheerleading	--	Renee Figg
MS Cheerleading	--	Amanda Thompson
Cross Country	--	Colby Brand
Girls Basketball	--	Keith Alberti
Football	--	Steve Cook
Golf	--	Graham Padley
Softball	--	Darrell Jeffries
Boy's Tennis	--	Jim Stoner
Girl's Tennis	--	Jim Stoner
Track	--	Steve Cook
Volleyball	--	Kinsey Harms
Wrestling	--	Graham Padley

Introduction

Welcome to the Husker Activities and Athletics program. Hopefully your decision to take advantage of our extra-curricular program will be educational, rewarding, and challenging. We encourage you to take advantage of as many programs as your time and talents will permit. We do not encourage specialization in any one activity but, rather, we encourage you to experience a variety of activities. This handbook is given to you so that you might be aware of:

1. The programs available to you.
2. The responsibilities that go along with participation in any activity.

Naturally, due to conflicts during seasons, practice times, schedules, etc., some choices will have to be made by you. Good luck to you as you strive to grow through these activities.

Athletic and Activity Pledge Sheet

The Lafayette County C-1 (Higginsville) Husker Activities and Athletics Department currently require that all students and their parents review the Husker Activities and Athletics Handbook. Each student, prior to participation, is required to acquire a handbook from the middle school or high school office. This handbook contains necessary information used to inform the participant and their parents of the rules, regulations, and procedures of the Husker Activities and Athletics Department.

Upon review of the material in this handbook the student and their parent are required to sign the Extra-Curricular pledge sheet on the final page of this handbook. The pledge sheet acknowledges that the participant and their parent have read and understand this handbook as well as agree to abide by all information provided.

Philosophy of the Husker Activities and Athletics Program

Extra-curricular activities are an important part of our school curriculum and they shall operate within the Lafayette County C-1 School District’s educational philosophy. We believe that interscholastic activities and athletics supplement the secondary curricular program and, as such, they become a vital part of the student’s total educational experience. The activities and athletics program provides opportunities and emphasizes definite areas difficult to duplicate in other school activities in or outside the classroom and academic situations.

Student participation in any part of the Husker extra-curricular programs is a privilege which carries with it responsibilities to the school, the activity, the student body, the community, and the individual student. This participation will help develop the student physically, mentally, socially, and emotionally.

Conference Affiliation

Lafayette County C-1 is a cooperating member of the Missouri River Valley Conference. As a member, we are committed to adhere to the rules and regulations of the conference.

Presently, there are 12 members of the MRVC. These are:

<u>EAST DIVISION</u>		<u>WEST DIVISION</u>	
Holden Eagles	Carrollton Trojans	Warrensburg Tigers	Odessa Bulldogs
Knob Noster Panthers	Lexington Minutemen	Oak Grove Panthers	Excelsior Springs Tigers
Higginsville Huskers	Richmond Spartans	Pleasant Hill Roosters	Harrisonville Wildcats
		Center Yellowjackets	Clinton Cardinals

Lafayette County C-1 is also a member of the Missouri State High School Activities Association (MSHSAA). As such, we are committed to abide by all rules, regulations, and policies established in activities and athletics that come under its jurisdiction.

Activities and Athletics at C-1

No activity/group may meet unless the sponsor is present.

Activities and Organizations presently offered at C-1:

*Academic Bowl	FCCLA	National Honor Society
Art Club	Future Teachers of America	Science Club
*Cheerleading	FBLA	Student Council
*Flag Corp	*Instrumental Music	*Vocal Music
Foreign Language Club	FCA	Math Club
*Speech and Debate	FFA	*Bass Fishing
*Target Shooting	*Chess	*Bowling

*Denotes activities that fall under jurisdiction of the MSHSAA.

Athletics presently offered at C-1:

Fall Season	
Cross Country	*Varsity and Junior Varsity, and Middle School
Football	*Varsity, Junior Varsity, Freshmen, and Middle School
Softball	*Varsity and Junior Varsity
Girl’s Tennis	*Varsity and Junior Varsity
Volleyball	*Varsity, Junior Varsity, Freshmen, Eighth and Seventh Grade
Winter Season	
Boy’s Basketball	*Varsity, Junior Varsity, Freshmen, Eighth and Seventh Grade
Girl’s Basketball	*Varsity, Junior Varsity, Freshmen, Eighth and Seventh Grade
Wrestling	* Varsity, Junior Varsity, and Middle School
Spring Season	
Baseball	*Varsity and Junior Varsity
Golf	*Varsity and Junior Varsity
Boy’s Tennis	*Varsity and Junior Varsity
Track	
(Boy’s & Girl’s)	*Varsity, Junior Varsity and Middle School

All of the above are under the jurisdiction of the MSHSAA.

* Denotes a recognized MRVC Championship season.

Participant Responsibility

As a student, you are in school to secure the best education that you are capable of achieving. Deciding to take advantage of the other half of education, by participating in school related activities and athletics, plays a significant part in your total educational development. However, with this decision come certain responsibilities, if the value of extra-curricular activities is to be achieved, namely:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their capabilities.

2. Maintaining academic, residence, and citizenship standards as established by the MSHSAA and the Lafayette Co. C-1 School District, along with related state and national associations.

2a. MSHSAA By-Law 212 -- "Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditible citizens". Conduct shall be satisfactory in accord with the standards of good discipline."

3. Learning the spirit of hard work and sacrifice.

4. Learning to attain physical fitness through good health habits.

5. Desiring to excel to the limits of your potential.

6. Showing respect for both authority and property.

7. Be willing to accept the leadership role that is instilled through the extra-curricular program.

Keep in mind that you are in the PUBLIC EYE and that your personal conduct must be above reproach!!!! You have an obligation to create a favorable image and gain the respect of your fellow participants and teammates, the entire student body, and the entire C-1 community.

Basic Guidelines for Participation

Following is a list of basic participation guidelines that will be required of the participant. It is important for the participant to observe and abide by these requests.

1. Make the selection for participation in an activity or sport.

2. If you quit one sport, you will not be allowed to go out for another sport during the same season unless permission is granted by the head coach of the sport you quit and the new sport in which you wish to participate.

3. No student will be allowed to practice or participate as a member of a sport or activity until they have fulfilled all obligations of the preceding sport or activity (All uniforms and materials must be accounted for prior to allowing the individual to act as a member of another activity).

4. All students will be transported to and from their respective activity and athletic event by school transportation. The only exception to this is when the student/athletes parent/guardian sign a transportation release form at the event. The coach or sponsor will make the final decision in these matters. Any other travel situation must be approved in writing by the administration prior to the event.

5. No student will be allowed to participate in an activity, athletic event, or practice unless he/she was in attendance for at least half of that school day, except in cases approved by the administration. This rule also applies for the day prior to an event which comes on a weekend. It is important to be in attendance the full day following an event. Do not use activities or athletics as an excuse to miss school.

6. Absence from practice or event must be cleared with the head coach or sponsor before missing a scheduled activity.

7. All disciplinary actions must be satisfied before you are eligible to participate in an activity or athletic event.

8. Classroom obligations and rules are to come first. After school detentions will be served as scheduled. Practices are not valid excuses for not serving after school detentions.

Disciplinary Procedures for Participants and Athletes

The Missouri State High School Activities Association Official Handbook states, "Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper school authority certifying a list of students for competition. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered 'creditable citizens.' "

A student shall not be considered eligible while serving an out-of-school suspension. The student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal. If a student misses class (es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.

The following examples are MINIMUM disciplinary actions required by the Husker Athletics/Activities Department. Disciplinary actions may range from the minimum to complete removal from all activities and athletics.

1. In the event of an in-school suspension, the student will not be eligible to participate in any interscholastic event until the day following the day the I.S.S. was completed. The student may participate in practice sessions during the I.S.S. period. The student will be required to attend all contests and activities in which they are involved during the I.S.S. period as a non-participating member.
2. In the event of an out-of-school suspension, the student will not be eligible to participate in a practice nor an interscholastic event until he/she has fulfilled all of the disciplinary requirements set forth by the administration.
 - A. Any student serving an out-of-school suspension is not allowed to come onto school property or attend any school-sponsored event during the time of the suspension, unless he/she has received approval from the administration.
3. The use of alcohol, non-prescription drugs, intentional mis-use of prescription drugs, tobacco, or tobacco-related products is prohibited.
 - a. Participants using a controlled/prohibited substance will be subjected to appropriate disciplinary measures by their coaches and/or sponsors. Such disciplinary measures may include a suspension of at least 20% of the contests for that particular sports season or at least 20% of the activities for the school year.
 - b. Repeated offenses, of any type of substance abuse, committed by any participant, whether during their activity season or not, may be subject to additional administrative disciplinary measures ranging from a minimum suspension of 20% of the contests in a given activity to dismissal from all activity and athletics.
 - c. In addition, substance abuse offenses occurring during the school day or during school sponsored activities will also be subject to the school disciplinary codes.
 - d. Offenses occurring outside of a season in which the student is participating shall effect the next season in which the student participates.
 - e. All offenses must immediately be reported to the Athletic Director even if the student is not a member of a team currently in season. By-Law 212.0 c states, "... If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors."
4. Locker room theft or destruction of school property is a disgrace and will not be tolerated. Offenses will result in a suspension ranging from a minimum of 20% of the contests in a given activity to dismissal from all activities and athletics, plus restitution.
 - a. Offenses occurring during the school day or during school sponsored activities will also be subject to the school disciplinary codes.
5. First offense suspensions could be reduced to a 10% suspension if the athlete informs the administration and coach/sponsor immediately following the offense. During all suspension periods

the athlete/participant involved will be expected to continue to practice as well as attend all games or contests and sit with their team.

6. Attendance at all pep assemblies is mandatory for all athletes during their season. The head coach may excuse an athlete. An unexcused absence will result in a one-event suspension (the next event following the pep rally).
7. Attendance at end of season Booster Club Awards Ceremonies is mandatory for all athletes. The head coach may excuse an athlete. An unexcused absence will result in forfeiture of all awards, certificates, etc.
8. Hazing of any student will not be tolerated. All participants, regardless of actual role, will be subject to immediate removal from all activities.

Due Process for Activities and Athletics

In all cases involving dismissal of a participant or an athlete from his/her activity or sport and/or complete removal from the Lafayette County C-1's activities program, due process is available through the district's regular administrative channels.

Final administrative appeal may be made to the superintendent of schools and, ultimately, to the Lafayette County C-1 School District Board of Education.

Academic Eligibility

The following is taken from By-Law 213.0 of the Official Handbook of the Missouri State High School Activities Association:

- A. Grades 9-12 – A student in Grades 9-12 must have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, whichever is greater, and shall currently be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater; or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent age, and that student must have made standard progress for his or her level the preceding semester. A beginning 9th grade student shall have been promoted from the 8th grade to the 9th grade for first semester eligibility.
 - A student must be making satisfactory progress towards graduation as determined by local school policies.
 - A student who is dual enrolled in college classes being taken off campus with credit being placed on the high school transcript and high school classes may count up to two full credits earned from the college classes toward academic eligibility and must be enrolled in and regularly attending the remainder of classes at the high school.
 - A student who is dual enrolled in college and high school classes but who does not receive high school credit on his/her high school transcript for the college work may have college hours earned during a regular semester count up to a maximum of 1 unit of credit toward determining high school eligibility as follows: ½ unit of high school credit for a 3 credit hour class; 1 unit of high school credit for a 5 hour college credit class.
- B. Summer School –Grades 9-12: Summer courses may count toward maintaining senior high academic eligibility for the first semester provided the following requirements are met:
 1. The counting of summer school credits must first be approved by the local school administration.
 2. Credit earned for the summer school course is placed on the student's school transcript and counts towards graduation.
 3. The course(s) must be classes identified by the local school board/governing body as required for graduation/promotion requirements.
 4. No electives may be counted toward this requirement of academic eligibility unless they are from a core content area.
 5. Correspondence courses may not count as summer school credit.
 6. No more than one credit earned in summer school shall count toward maintaining academic eligibility.

- C. Grades 7 and 8 -- A 7th or 8th grade student must be currently enrolled in and regularly attending the normal course for that grade or must have enrolled in a full course at his or her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age.
- A student must have been promoted to a higher grade or a higher level in special education at the close of the previous year. However, any such student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following semester regardless of promotion to the higher grade. (see also item d below)
 - This section shall not apply to students promoted for the first time into the 7th or into the 9th grade prior to the first day of classes.
- D. Summer School -- Grades 7 and 8 -- A local school district may reinstate the fall eligibility of a student being promoted to the eighth grade who has failed more than one class but no more than three classes if the student passes the appropriate number of core classes through secondary school-sponsored summer school, as described below, and provided the following requirements are met:
1. The counting of summer school classes must first be approved by the local school administration.
 2. The grade earned for the summer school course is placed on the student's school transcript.
 3. Only core classes (science, math, social studies and communication arts) may count toward reinstatement of fall eligibility.
 4. A student who has failed two scheduled subjects must pass at least one core class through secondary school-sponsored summer school; a student who has failed three scheduled subjects must pass at least two core classes through secondary school-sponsored summer school.
 5. Correspondence courses may not count as summer school credit.
- E. A student who was academically ineligible the preceding semester but meets the academic standard at the close of that semester becomes eligible the fifth day classes are attended in the succeeding semester. **Exception:** If an interscholastic contest is played **before** the formal opening of school and a student and a student has become academically eligible for the fall semester and is eligible in all other respects he/she may be eligible to participate under this provision provided the student is properly enrolled in school.
- F. A student who becomes academically ineligible shall lose the privilege to represent the school the fifth day of classes into the new semester (or grading period for middle school). Exception: If a student becomes academically ineligible for the fall semester (or 1st grading period for middle school) he/she is ineligible for all activities beginning with the first event.
- G. Credit earned or completed after the close of the semester shall not count as having been earned that semester, except in case of illness verified by a physician. This rule is automatically waived in case a student fails to complete the required units of credit in a given semester because of his being drafted or being called to service in the National Guard or military service.
- H. The Board of Directors shall have the authority to determine the academic standards students shall meet in a school which does not have a traditional two-semester school year. Any changes approved shall be equitable for all students.

Care of Equipment

In order to give the student a sense of responsibility and appreciation of their equipment each student will be held accountable for the abuse or loss of it. The student in whose name it was checked out must pay for any equipment that is lost or stolen.

Follow these guidelines and, hopefully, they will reduce the chances for lost or stolen equipment:

1. Do not exchange or loan any of the equipment issued to you to another teammate. If an exchange is necessary, clear it with the head coach or sponsor.
2. Keep your locker closed and locked at all times.
3. Any loss of equipment should be reported to the head coach or sponsor immediately.
4. It is against MSHSAA regulations to sell or rent any equipment or uniforms to individuals. The activities department at C-1 strictly adheres to this policy. Therefore, any equipment or uniforms that you may see out of the school environment does not belong to the individual(s). Please report such violations to the coach or athletic director.

5. All uniforms and equipment must be returned to the coach or sponsor immediately following the season. The uniforms/equipment must be cleaned and in appropriate condition. Report any damage of your equipment and uniform to the head coach immediately.

No student will be allowed to begin participation in another activity until all of his/her equipment has been returned to the coach/sponsor of the preceding activity.

Sportsmanship

As an athlete or participant representing C-1, it is your responsibility to exhibit good sportsmanship at all times. The moment that you put on a Husker uniform or take part in any type of interscholastic activity, you become a representative of our student body and our community. You will receive the ingredients of good sportsmanship through the teaching, coaching, and examples of the staff. Be sure to exhibit what you have learned.

A winning philosophy is important and it is a tradition within the Husker Activities and Athletics Department. However, it is important to realize how the game is played as well as viewed. Simple acts or gestures of respect such as displaying good conduct, cooperating with the officials, shaking hand with the opponents before and after a contest, showing self-control at all times, accepting the decisions by the coaches and officials and abiding by them, accepting both victory and defeat with pride and compassion, never being boastful or bitter, will all aid you as an individual and as a team member, to portray the standards of good sportsmanship that is expected of Husker participants.

Listed below are Board of Director policies for players, students/fans concerning violations of sportsmanship guidelines, as they are stated in the Official Handbook of the Missouri State High School Activities Association.

“Players - When a player is assessed a penalty by a game official for unsportsmanlike conduct, the coach should remove the player from the game. If there are extenuating circumstances making the athlete’s conduct more serious, the penalty imposed by the school shall be more severe.”

--“In any situation in which a player becomes involved in a fight or in which a substitute leaves the bench to go onto the floor or field when a fight breaks out among players, the Board of Directors expects as a minimum penalty that the coach suspend the individual for the remainder of that contest and for the next contest in which the team plays.”

“Students/Fans - Action regarding the misconduct of a student or fan shall range from a warning to being required to appear before the Board of Education to show reason why that person should not be prohibited from attending future games. Violent acts shall result in charges being brought against the individual or information being provided to the prosecuting attorney, who may bring charges under Missouri law. Actions regarding all other acts of poor sportsmanship or mis-conduct should be appropriate to the offense committed.”

“Recommendation of Board of Directors – It is strongly recommended that all coaches and students be thoroughly informed of these policies adopted by the Board of Directors. It should be made clear that the primary purpose of these policies is to improve the educational and recreational values which interscholastic athletic games can have for our high school youth. If these values are lost, interscholastic competition can no longer be justified in the school program.”

Protection of Eligibility

In order to represent the Huskers in our activities or athletics program, a student must meet all eligibility requirements of the Missouri State High School Activities Association, as well as those of the Lafayette County C-1 School District.

As By-Law 211.0 defines in the Official Handbook of the Missouri State High School Activities Association, “Eligibility to represent a school in interscholastic activities is a privilege to be attained by meeting the standards of eligibility cooperatively set by the member schools through this Association and any additional standards set by a member school for its own students.”

Eligibility is a privilege to be granted by the school to a student which allows that student to participate in interscholastic events. Eligibility is not a student’s right by law. Precedents setting legal cases have determined that eligibility is a privilege to be granted only if the student meets ALL standards adopted by the school.

Listed below is some information to acquaint you with the major rules and regulations that you must follow in order to protect your eligibility.

1. Citizenship

You must be a creditable citizen. To be considered a creditable citizen your actions must not reflect discredit on yourself or the school. Your conduct shall be satisfactory in accord with the standards of good discipline.

From By-Law 212:

A. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

B. Local School: A student who violates a local school policy is ineligible until completion of the prescribed school penalties. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities. A student shall not be considered eligible while serving an out-of-school suspension. Each school shall diligently and completely investigate any issue that could affect student eligibility.

C. Student Responsibility: Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the board of directors.

2. Academics

A. You must be enrolled in seven of eight classes each semester.

B. You must have passed seven classes the preceding semester.

C. Credits earned or completed after the close of the semester or during summer school can count as one credit toward eligibility provided the class is an approved core/required course.

D. Middle School students must be currently enrolled in and regularly attending the normal course load.

3. Transferring Schools

A. If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days unless you meet the exceptions to the transfer rule (see the athletic director).

B. If you move with your parents to your new district, under normal circumstances, you will be eligible immediately.

4. Participation Limitations

A. You are eligible to participate in any sport or activity for a maximum of four seasons. If you are listed on an eligibility roster and participate in any part of a game during a season, it counts as a full season of participation.

B. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for eight semesters.

C. A student is eligible for only two semesters in the eighth grade beginning with the first semester of entrance in this grade. A student who is repeating a grade is not eligible.

D. You must enter school within the first eleven days of the semester to be eligible.

5. Awards Standards

MSHSAA By-Law 231.1. Amateur Status: ..

A. An athlete forfeits amateur status in a sport by:

1. Competing for or accepting money or other monetary compensation (necessary meals, lodging, and transportation is acceptable).

2. Receiving any award or prize of monetary value which exceeds the amount that has been approved by the MSHSAA.

3. Capitalizing on athletic fame by receiving money, gifts of monetary value, or merchandise.

4. Signing a professional playing contract.

B. Accepting a nominal, standard fee or salary for instructing, supervising, or officiating ... in an organized youth sports program shall not jeopardize amateur standards.

MSHSAA By-Law 231.2 Awards:

A student may accept an award for participation in an athletic contest, or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards presented to students shall meet the following criteria:

A. A student may receive the following : unattached school letters or emblems, medals, ribbons, trophies, certificates, etc.

B. A student shall not have accepted or competed for the following: services, cash, or gift certificates.

C. A student may receive a merchandise award that shall not exceed \$250.00 in manufacturer's suggested retail price.

6. Age Requirements

A. Senior High - You shall not have reached the age of nineteen (19) prior to July 1 preceding the opening of school. If you reach the age of nineteen (19) on or following July 1, you may be considered eligible for the ensuing school year.

B. Middle School – You shall not have reached the following ages prior to July 1 preceding the opening of school: Grade 7 – 14, Grade 8 – 15, Grade 9 – 16. If a student does not meet the age standard grade classification, that student may compete on a school team of a higher grade classification within that school or district where the residence requirement is met.

7. Non-School Competition

A. You may practice or compete as a member of a non-school team or as an individual participant in organized non-school competition in a different sport than the school sport in season under the following conditions:

1. No school time is missed to compete, practice for, or travel to the site of such non-school competition unless the absence is approved in advance by the school administrator.

2. The student shall not practice for or compete in the non-school competition on the same date he/she practices or competes for the school team without approval of the school administrator.

B. During any sport season a student is not a member of a school sport squad and during the summer vacation period, he/she may participate in non-school sponsored competition in a sport in which MSHSAA member schools compete interscholastically provided:

1. If during the school year, no school time is missed to compete, practice for, or travel to the site of the non-school competition unless the absence is approved in advance by the school administrator.

2. It is not an all-star contest.

3. If held during the school year but outside the designated school season for the sport, the participant shall receive no coaching from a member of the coaching staff of the school the student attends or will attend the following year.

4. During summer only, participants may be coached by a member of the school coaching staff.

8. College Try-Outs

You shall not participate in any type of try-out or audition for a college team prior to completion of your high school eligibility in the sport concerned. You may be invited to and accept an invitation based on athletic accomplishments to only one evaluation event per sport per year. There is no limit on the number of "open" evaluation events attended.

9. All-Star Games

You may compete in two all-star games or contests, but only after you have completed your high school eligibility in that sport.

10. Sports Camps or Clinics

You may participate in a specialized camp, clinic, or other similar program involving coaching and instruction in a sport provided the following criterion are met:

a. The camp fee shall be provided by the student or their parents.

b. You may not attend a summer sports camp for longer than 20 days per sport, in one year where you receive instruction or coaching from a member of our coaching staff.

d. No summer specialized sport camp shall be attended on school grounds during our dead week..

e. You only attend one invitation-only specialized sport camp/clinic or group lessons per sport per year.

**Any questions pertaining to eligibility should be brought to the attention of your coach, sponsor, principal, or the athletic director.

Injuries

Injuries can and will occur no matter how much effort is made to prevent them. For that reason, the following must be observed for the athletes and participants alike:

1. Participants and athletes must have insurance that will cover injuries sustained through participation.
2. All injuries must be reported to the head coach or sponsor immediately.
3. Accident forms must be filled out and turned into the office as soon as possible.
4. In case of emergencies, the student will be transported to the nearest hospital or doctor unless the parents indicate otherwise.
5. Participants and athletes must notify sponsors or coaches of any special medical problems or conditions.
6. If an injury is discovered after the student has gone, he/she shall notify the sponsor/head coach immediately.

Letter Awards

At the present time, letter awards are presented in all varsity level athletics and the following activities: Cheerleading, Instrumental Music, and Vocal Music.

The participant must have finished the season in good standing with his/her coach/sponsor. A certificate will be presented to each athlete or participant who meets the lettering standards established in the specific activity. When the participant earns his/her first varsity letter, the activities department will present them with the appropriate chenille award. The chenille award is given in addition to the letter certificate, but is awarded only once during the student's participation.

Specific lettering requirements for each sport can be obtained from the head coach of the respective sport at the beginning of the season.

Physical Requirements

The Lafayette County C-1 (Higginsville) Husker Athletic Department, in accordance with the MSHSAA, requires that all students meet the following physical requirements:

Parental Permission:

MSHSAA By Law 308.0 - "Prior to each year of interscholastic athletic participation, a student shall furnish a statement, signed by the student's parents or guardians, which grants permission for the student to participate in interscholastic athletics."

Physical Examination and Insurance Requirements:

a. MSHSAA Bylaw 3.8.1 and 4.5.4 now allows a physical exam certified by a medical professional (MD/DO/ARNP/PA/Chiropractor) to be valid for a duration of two years (730 days) from date of issue (unless a physician specifically notes on the PPE that the physical is only valid for one year). Example: A physical that was received May 29, 2018 is now valid through May 28, 2020. A physical that was received on August 2, 2018 is now valid through August 1, 2020.

While the MSHSAA PPE Form is now valid for a two year period from the date of the physical examination, all other Pre-participation Documents must still be completed/updated annually for every student athlete. **MSHSAA PRE-PARTICIPATION DOCUMENTATION THAT MUST BE COMPLETED ANNUALLY:** Medical History (pg 1-2), Parent Permission-Insurance Verification (pg 3), Student Agreement (pg 4), Concussion Education Materials-Parent/Student Signature (pg 4), Emergency Contact Information (pg 4).

b. A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage and a physical.

All of the above requirements shall be provided to the coach/sponsor by the student participating, on the MSHSAA provided physical form. This form is available at all local clinics and the athletic director's office. The coach must review the physical form to assure that all necessary information is provided.

Conditioning Standards:

MSHSAA By-Law 310.0 - Each squad must have 14 days practice and each individual must have practiced on 14 school practices on 14 different days prior to the first interscholastic contest in all sports. This requirement shall be met if a student has been a member of another school sports squad immediately

preceding the sport season, has been actively practicing with the sport squad, has had 14 days conditioning, and begins the new sport within 7 days.

Dual Sport Participation

Currently, the Lafayette County C-1 (Higginsville) Husker Athletic Department will allow students/athletes who wish the opportunity to participate in more than one sport during the same season. This dual participation will be allowed only if the following criteria are met:

1. Request by the athlete and parent(s) must be submitted to the athletic director in writing, stating the specifics, prior to the first practice of the season.
2. The athletic director will arrange for a meeting between the respective head coaches, parent(s), and athlete(s).
3. The following will be considered before approving dual participation:
 - a. Scholastic -- The students' academic record shall be reviewed carefully in order to avoid overlooking a student with extra academic commitments.
 - b. Practice Schedule -- Both coaches must specify required practices to the athlete, to see if the athlete is capable of meeting the requirements.
 - c. Meet/Match/Game Priorities -- The athlete must state a "priority" sport and also be willing to accept the responsibility of participation with a specific team when so determined by the coaches, depending on the particular circumstances.
4. In no case will dual participation be allowed unless both head coaches and the athletic director approve the request.
5. If at any time during dual participation an athlete's grades or attending required practices become a problem the athletic director along with the head coaches involved can revoke dual participation and require the athlete to participate in only one sport.
6. A regulative decision can be appealed to the building principal(s).
 - a. Should the decision be confirmed at the building level an appeal can be made to the superintendent. The superintendent's decision shall be final.
 - b. The athletic director will present the facts of the case to both the building principal(s) and/or the superintendent during an appeal.

Information for Prospective College Athletes

For those student-athletes who feel that they may have the time and talents to become a college athlete the NCAA puts out the NCAA Guide for the College Bound Student-Athlete. This publication is a summary of rules and regulations governing the transferring, recruiting, eligibility, and financial aid that would be beneficial to any senior. Copies of this publication can be obtained online at www.ncaaclearinghouse.net.

A student who is enrolling as a freshman and wishes to participate in Division I or II athletics, must be certified by the NCAA Initial-Eligibility Clearinghouse. The proper forms and material for the NCAA Clearinghouse are available at www.ncaaclearinghouse.net.

Students who are interested in college athletics should be aware of the following academic guidelines for all Division I and II schools in the NCAA. These rules require that all incoming freshmen must have earned a grade point average of 2.00 (on a 4.00 scale) in a core curriculum of at least 16 academic courses for Division I and 14 for Division II which were successfully completed during grades 9 through 12.

Core Units Required for NCAA Certification

	Division I	Division II
English Core	4 years	3 years
Math Core	3 years (Alg. I or higher)	2 years (Alg. I or higher)
Science Core	2 years (one lab)	2 years (one lab)
Social Science Core	2 years	2 years
From English, Math or Science	1 additional year	3 additional years
Additional Core (Any of the above, Foreign Language, Non-doctrinal Religion/Philosophy)	4 years	4 years
Total Core Units Required	16	16

Students must have also earned a minimum score on the ACT or SAT on a national test date.

Initial-Eligibility Standards for NCAA Division I College-Bound Student-Athletes

3 terms you need to know:

Full Qualifier: A college-bound student-athlete may receive athletics aid (scholarship). Practice and compete in the first year of enrollment at the Division I college or university.

Academic Redshirt: A college-bound student-athlete may receive athletics aid (scholarship) in the first year of enrollment and may practice in the first regular academic term (semester or quarter) but may NOT compete in the first year of enrollment. After the first term is complete, the college-bound student-athlete must be academically successful to continue to practice for the rest of the year.

Nonqualifier: A college-bound student-athlete cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment.

New Requirements:

Full Qualifier must:

- Complete 16 core courses (see distribution above). 10 of the 16 must be completed before the 7th semester of high school. 7 of the 10 must be English, math or science.
- Have a minimum core course GPA of 2.300. Grades earned in the 10 required courses required before the senior year are “locked in” for purposes of GPA calculation. A repeat of one of the “locked in” courses will not be used to improve the GPA if taken after the 7th semester begins.
- Meet the competition sliding scale requirement of GPA and ACT/SAT score.
- Graduate from high school.

Academic Redshirt must:

- Complete 16 core courses (same as above).
- Have a minimum core course GPA of 2.30.
- Meet the academic redshirt sliding scale requirement of GPA and ACT/SAT score.
- Graduate from high school.

Nonqualifier is a college-bound student-athlete who fails to meet the standards for a qualifier or for an academic redshirt.

Examples:

Q: A college-bound student-athlete completes 15 core courses with a 2.500 core-course GPA and an 820 SAT score (critical reading and math). What is the college-bound student-athletes NCAA initial-eligibility status?

A: The college-bound student-athlete is a nonqualifier because only 15 core courses were completed, not the required 16 core courses.

Q: The college-bound student-athlete completes 16 core courses in the required framework with a 2.500 core-course GPA and a 68 sum ACT. What is the college-bound student-athletes NCAA initial-eligibility status?

A: The college-bound student-athlete is an academic redshirt. Under the new competition scale, a sum ACT score requires a 2.950 core-course GPA.

Q: A college-bound student-athlete completes nine core courses prior to the seventh semester of high school. What is the college-bound student-athletes NCAA initial-eligibility status?

A: The college-bound student-athlete cannot be certified as a qualifier because only nine of the 10 required courses were completed before the seventh semester. He/she would be permitted to practice and receive aid (scholarship), provided he/she presents 16 core courses and meets the necessary core-course GPA and test-score requirement at the time of graduation.

Please check with your guidance counselor if you have any questions pertaining to meeting the above requirements.

HEADS*UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice *one or more* of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:
Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

MSHSAA Concussion Return to Play Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website (www.cdc.gov/injury). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury. **Please initial any recommendations that you select below:**

Athlete's Name: _____

Date of Birth: _____

Date of Injury: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____ Care Plan Completed By: _____

Return to This Office (Date/Time): _____

Return to School On (Date): _____

RETURN TO SPORTS

PLEASE NOTE:

1. Athletes should not return to practice or play for at least 24 hours after their head injury has occurred.
2. Athletes should never return to play or practice if they still have ANY symptoms.
3. Athletes: Be sure that your coach and/or athletic trainer are aware of your injury and symptoms, and that they have the contact information for the treating physician.

The following are the return to sports recommendations at the present time:

- Physical Education: Do NOT return to PE class at this time.
 May return to PE class at this time.
- Sports: Do NOT return to sports practice or competition at this time.
 May gradually return to sports practices under the supervision of the healthcare provider for your school or team.
 May be advanced back to competition after phone conversation with attending physician (MD/DO/PAC/ATC/ARNP/Neurophysiologist)
 Must return to physician (MD/DO/PAC/ATC/ARNP/Neurophysiologist) for final clearance to return to competition.
- OR - Cleared for full participation in all activities and restrictions. Return of symptoms should result in re-evaluation by physician (MD/DO/PAC/ATC/ARNP/Neurophysiologist) for assessment.

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Signature: _____

Evaluator's Address: _____

LAFAYETTE COUNTY C-1 SCHOOL DISTRICT
EXTRA-CURRICULAR PLEDGE SHEET

I, as parent/guardian of _____, have read the rules and policies set forth for extra-curricular participation in the Husker Athletic and Activities programs and give my son/daughter permission to participate under these conditions. I have read and understand the concussion materials provided and I will do my part in seeing that he/she follows and abides by the rules and regulations stated in the Husker Activities and Athletic Handbook.

I _____ agree to abide by all rules and regulations set in the pages of this handbook.
(Student Signature)

Signature of Parent/Guardian Date Signature of Parent/Guardian Date

Please circle any of the following activities/athletics that you plan to participate in during this school year:

- | Activities | | Athletics |
|-----------------------|------------------------|------------------|
| Academic Bowl | FCCLA | Baseball |
| Art Club | Instrumental Music | Basketball |
| Bass Fishing | Math Club | Cross Country |
| Bowling | National Honor Society | Football |
| Cheerleading | Science Club | Golf |
| Chess | Science Olympiad | Softball |
| FTA | Speech and Debate | Tennis |
| FCA | Student Council | Track and Field |
| Foreign Language Club | Target Shooting | Volleyball |
| FFA | Vocal Music | Wrestling |
| FBLA | | |
| FCCLA | | |